

# Take These Tips From the Injury Prevention Turtle

- \* Always wear a helmet when you go out on your bicycle, scooter, rollerblades or skateboard.
- \* Your helmet should fit snugly under the chin and low over the forehead, about two finger widths above the eyebrow. The helmet should also fit your head securely.
- \* Helmets should be replaced if involved in a crash.
- \* Extra riders are not welcome. Never let a person rider on the handlebars.
- \* Improperly sized bikes are dangerous. You should be able to place both feet on the ground when straddling the bike.
- \* Do not swerve in traffic and always watch for cars.
- \* Just like a car, you should obey all traffic lights and signals.
- \* Safety is for everyone, even grown-ups.

